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BODYBUILDING FOR STREENGTH CROSSFIT IFBB COLLEGE COURSE CURRICULUM SYLLABUS FOR THE IFBB ACADEMY

IFBB Academy Advanced Strength & Hybrid Conditioning Curriculum

Course Code: IFBB-STR-401

Course Title: Hybrid Strength Systems: Bodybuilding, Powerlifting, and Functional Fitness Integration

Duration: 15 Weeks (3 Credit Hours)

Prerequisites: Certified Personal Trainer (CPT) or Advanced Exercise Physiology

Course Description

This course provides an advanced framework for combining mechanical hypertrophy, absolute strength, and high-intensity functional conditioning. Students will analyze the physiological mechanisms of the International Federation of Bodybuilding and Fitness (IFBB) training methodologies alongside CrossFit modalities. The curriculum focuses on periodization strategies that prevent overtraining while maximizing muscle cross-sectional area, neuromuscular adaptation, and metabolic flexibility.

Learning Objectives

Design periodized programs combining hypertrophy and metabolic conditioning.

Analyze biomechanical differences between power movements and isolation exercises.

Evaluate energy system development across different athletic modalities.

Mitigate injury risks associated with high-volume hybrid training systems.

Prescribe targeted nutrition plans for performance and body composition.

Course Materials

Science and Development of Muscle Hypertrophy (2nd Edition) – Brad Schoenfeld

Programming for Strength Training – Mark Rippetoe

IFBB Academy Official Elite Trainer Manual – IFBB Publications

Selected peer-reviewed journal articles from the Journal of Strength and Conditioning Research

15-Week Weekly Schedule

Phase 1: Foundational Mechanics & Hypertrophy

Week 1: Introduction to Hybrid Training

Evolution of IFBB bodybuilding protocols and CrossFit paradigms.

Structural adaptations vs. functional performance goals.

Week 2: Mechanisms of Hypertrophy

Mechanical tension, metabolic stress, and muscle damage.

Hypertrophy rep ranges, time under tension, and mind-muscle connection.

Week 3: Absolute Strength Foundations

Neuromuscular adaptations and motor unit recruitment.

Biomechanics of the squat, bench press, and deadlift.

Week 4: Olympic Weightlifting in Functional Fitness

Mechanics of the clean & jerk and snatch.

Power development and rate of force development (RFD).

Week 5: Mid-Phase Programming Assessment

Designing a 4-week base hypertrophy block.

Practical evaluation of lifting techniques.

Phase 2: Metabolic Conditioning & Energy Systems

Week 6: Bioenergetics of High-Intensity Conditioning

Phosphagen, glycolytic, and oxidative pathway management.

Programming AMRAPs, EMOMs, and Chipper workouts.

Week 7: The Interference Effect

Concurrent training compatibility challenges.

Molecular signaling pathways (AMPK vs. mTOR activation).

Week 8: Work Capacity & Lactate Threshold

Improving VO2 max and aerobic power for strength athletes.

Active recovery protocols for high-frequency lifters.

Week 9: Gymnastics & Body Control

Core stability, calisthenics, and functional movement screening.

Integrating bodyweight mastery with heavy external loads.

Week 10: Midterm Examination

Theoretical exam on exercise physiology and biomechanics.

Phase 3: Advanced Periodization & Peak Performance

Week 11: Concurrent Periodization Models
Conjugate, linear, and undulating periodization setups.
Structuring the weekly microcycle for bodybuilding and conditioning.
Week 12: Sports Nutrition & Ergogenic Aids
Macronutrient manipulation for muscle growth and endurance.
Supplementation strategies, hydration, and nutrient timing.
Week 13: Injury Prevention & Joint Longevity
Managing systemic fatigue and central nervous system (CNS) burnout.
Soft tissue care, mobility drills, and deload strategies.
Week 14: Elite Contest Prep & Peak Week
IFBB bodybuilding presentation, symmetry, and posing dynamics.
CrossFit competition tapering and pacing strategies.
Week 15: Final Capstone Project Presentations
Submission of a comprehensive 12-week hybrid training blueprint.
Grading Criteria
20% Midterm Examination
30% Quizzes and Case Studies
15% Practical Coaching Assessments
35% Final Hybrid Capstone Project
If you want, I can help you expand this syllabus by:
Drafting a detailed rubric for the Week 15 Capstone Project
Writing a sample weekly microcycle layout combining heavy lifts with a conditioning WOD
Creating specific quiz questions for the Phase 2 energy systems module
Let me know which section you would like to develop further.
AI responses may include mistakes. Learn more
Ovid
An Evidenced-Based Training Plan for Brazilian... : Strength & Conditioning Journal
Furthermore, still to be discussed is a detailed periodization strategy to effectively manage training load and integrate training...
Slideshare
Hypertrophy:Basics and Advanced methods | PDF
The document discusses hypertrophy training and its relationship with athletic performance, outlining the importance of muscle cro...
www.turkishkinesiology.com
Bioenergetics and energy systems in sport performance: A narrative review | Advances in Health and Exercise

Objective: The objective is to understand the role of bioenergetics and different energy systems (ATP-PC, anaerobic, and aerobic) ...
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COURSE CREATED by CAGLAR JUAN SINGLETARY
IFBB Academy Advanced Strength & Hybrid Conditioning Curriculum
Course Code: IFBB-STR-401
Course Title: Hybrid Strength Systems: Bodybuilding, Powerlifting, and Functional Fitness Integration
Course Creator: Caglar Juan Singletary
Duration: 15 Weeks (3 Credit Hours)
Prerequisites: Certified Personal Trainer (CPT) or Advanced Exercise Physiology
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If you want, I can help you expand this syllabus by:
Drafting biographical text or an instructor welcome letter from Caglar Juan Singletary
Creating the detailed evaluation rubric for the Final Hybrid Capstone Project
Outlining specific lecture notes or presentation topics for Week 11's periodization models
Let me know which asset you would like to build out next.
AI responses may include mistakes. Learn more
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You've already got a strong, professional-looking syllabus here, and I like that you've clearly branded it with your name and the IFBB Academy framing.

Let's build out one of the "assets" you mentioned in a way that makes this course feel like a real college-level class someone could step into tomorrow.

## Instructor Welcome Letter from Caglar Juan Singletary

IFBB Academy
Course Code: IFBB-STR-401
Course Title: Hybrid Strength Systems: Bodybuilding, Powerlifting, and Functional Fitness Integration
Instructor: Caglar Juan Singletary

Welcome to IFBB-STR-401: Hybrid Strength Systems.

My name is Caglar Juan Singletary, and I’m excited to guide you through this advanced exploration of strength and conditioning. This course is designed for serious practitioners: coaches, trainers, and athletes who want to move beyond rigid, single-modality programs and learn how to integrate bodybuilding, powerlifting, and functional fitness into one coherent, evidence-based training system.

Over the next 15 weeks, we will connect classic IFBB bodybuilding principles—mechanical tension, hypertrophy periodization, and physique development—with the high-output demands of CrossFit and other functional paradigms. You will learn not only *what* to program, but *why* it works at the physiological, biomechanical, and psychological levels.

By the end of this course, you should be able to:

This course will be demanding. You can expect:

My teaching philosophy is simple: theory must serve practice. You will learn the mechanisms—AMPK vs. mTOR, motor unit recruitment, bioenergetics—but every concept will connect directly to program design, coaching cues, and athlete management.

Communication and Expectations:

Whether your main interest is bodybuilding, strength sport, or functional fitness, this course will give you a deeper toolbox to design programs that build muscle, improve performance, and keep athletes healthy long-term.

I look forward to working with you and seeing the sophistication of the programs you create by Week 15.

— Caglar Juan Singletary
IFBB Academy, Advanced Strength & Hybrid Conditioning Curriculum

Would you like me next to create the **detailed capstone project rubric** or a **sample 12-week hybrid training blueprint** that would fit this syllabus?

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# Both and then the final includes Strengthtraining alone,then CrossFit ,Alone,and the GPP&SPP

Yes—your **final capstone should include four separate program designs**, not only one hybrid plan:

1. **Strength Training Alone**
2. **CrossFit Alone**
3. **GPP — General Physical Preparedness**
4. **SPP — Specific Physical Preparedness**

GPP develops broad qualities such as strength, endurance, mobility, coordination, and work capacity; SPP applies those qualities to the exact demands of a specific sport, event, or competitive goal.[2]

## Final Capstone Assignment

**Title:** Four-Track Strength and Conditioning Program Portfolio

Students will create four evidence-informed programs for the same athlete or clearly defined athlete profiles. Each program must show how training priorities, exercise selection, volume, intensity, conditioning, recovery, and testing change when the objective changes.

## Required Programs

| Track | Primary purpose | Required length |
|---|---|---|
| Strength training alone | Build maximal strength and/or hypertrophy with minimal conditioning interference | 12 weeks |
| CrossFit alone | Develop broad fitness through varied functional movements, conditioning, gymnastics, and weightlifting | 12 weeks |

| | | |
|---|---|---|
| GPP | Establish a durable general athletic base: work capacity, mobility, strength, aerobic fitness, and movement quality | 6–8 weeks |
| SPP | Prepare an athlete for a defined sport or event through highly specific physical qualities and training demands | 6–8 weeks |

## Required Sections

For **each** of the four tracks, include:

- Athlete profile: age, training age, injury history, current ability, goals, equipment, schedule, and limitations
- Needs analysis: identify physical demands and the most important limiting factors
- Program rationale: explain why the plan fits the stated goal
- Periodization overview: show phases, weekly focus, deloads, testing, and progression
- Weekly microcycle: a complete sample week with exercises, sets, reps, loads or RPE, rest periods, and conditioning prescription
- Exercise rationale: explain key movement choices and substitutions
- Recovery plan: sleep, fatigue monitoring, mobility, deload strategy, and injury-risk management
- Nutrition overview: calorie and macronutrient priorities appropriate to the training goal
- Testing battery: baseline, mid-program, and post-program assessments
- Coaching notes: technical cues, common errors, regressions, and progressions

## Track-Specific Requirements

## Strength Training Alone

This plan should prioritize progressive overload in primary barbell lifts and accessory hypertrophy work. Keep conditioning limited or strategically placed so it does not compromise strength performance.

Include:

- Squat, bench press, deadlift, and overhead press or appropriate variations
- At least one hypertrophy block and one strength-intensification block
- A deload or reduced-fatigue week
- Strength testing using estimated or actual 1RM, 3RM, or 5RM measures
- A clear explanation of how volume and intensity progress

**Example weekly structure:**

| Day | Training focus |
|---|---|
| Monday | Heavy squat, lower-body accessories |
| Tuesday | Heavy bench press, upper-body hypertrophy |
| Wednesday | Recovery, mobility, optional easy aerobic work |
| Thursday | Deadlift, posterior-chain accessories |
| Friday | Overhead press, pulling work, arms/core |
| Saturday | Optional low-intensity recovery |
| Sunday | Rest |

## CrossFit Alone

This plan should use constantly varied functional movements performed across weightlifting, gymnastics, monostructural conditioning, and mixed-modality workouts. CrossFit is commonly framed as GPP-oriented because it seeks broad, balanced fitness across multiple physical capacities.[2]

Include:

- Strength or skill work before selected sessions
- Olympic-lifting progressions, such as clean, jerk, snatch, or derivatives

- Gymnastics scaling and progressions
- AMRAP, EMOM, interval, and longer mixed-modal workouts
- At least one structured recovery or lower-intensity day weekly
- Workout scaling rules that preserve the intended stimulus

**Example weekly structure:**

| Day | Training focus |
|---|---|
| Monday | Back squat strength plus short barbell/gymnastics WOD |
| Tuesday | Aerobic intervals plus bodyweight skill |
| Wednesday | Olympic lifting technique plus moderate AMRAP |
| Thursday | Active recovery, mobility, Zone 2 aerobic work |
| Friday | Deadlift strength plus high-intensity mixed-modal workout |
| Saturday | Longer endurance or team-style workout |
| Sunday | Rest |

## GPP

GPP means general physical preparedness: creating a base of strength, endurance, coordination, mobility, speed, and durability that supports future specialized training.[3][2]

Include:

- Moderate loads and generally moderate-to-high total work
- Sled drags or pushes, loaded carries, calisthenics, basic barbell or dumbbell work, aerobic training, and mobility
- Full-body movement patterns rather than highly specialized exercises
- Conditioning that builds work capacity without excessive fatigue
- Simple movement-quality and capacity tests

**Example GPP weekly structure:**

| Day | Training focus |
|---|---|
| Monday | Full-body strength endurance, carries, trunk work |
| Tuesday | Zone 2 conditioning and mobility |
| Wednesday | Sled work, jumps or throws, calisthenics |
| Thursday | Rest or active recovery |
| Friday | Full-body resistance training and short intervals |
| Saturday | Longer low-to-moderate conditioning session |
| Sunday | Rest |

## SPP

SPP means specific physical preparedness: preparing for the precise movement patterns, energy-system demands, force requirements, work-to-rest ratios, and performance conditions of a chosen sport or event.[4][2]

The student must select **one sport or event**, such as:

- Powerlifting meet
- IFBB bodybuilding contest
- CrossFit competition
- Olympic weightlifting meet
- Football position
- Combat-sport bout
- Sprinting event
- Tactical fitness assessment

Include:

- A sport-specific needs analysis
- Event-specific exercise selection and conditioning
- Work-to-rest intervals that resemble competition demands
- A taper or peak phase if the sport includes a competition date

- Performance tests that closely match the sport

**Example: SPP for a CrossFit competition**

- Heavy barbell cycling under fatigue
- Toes-to-bar, pull-up, handstand-push-up, or muscle-up progressions as appropriate
- Competition-style intervals and pacing practice
- Grip, shoulder, and trunk-resilience work
- Taper during the final 7–14 days, reducing volume while maintaining movement quality and selected intensity

## Grading Rubric

| Category | Weight |
|---|---|
| Athlete profile and needs analysis | 10% |
| Strength-training-alone program | 20% |
| CrossFit-alone program | 20% |
| GPP program | 15% |
| SPP program | 20% |
| Periodization, progression, and fatigue management | 10% |
| Evidence use, clarity, and coaching professionalism | 5% |

## Submission Standard

The final submission should be approximately **25–40 pages**, excluding references and appendices. It should contain four clearly labeled programs, four weekly calendars, exercise prescriptions, rationale, testing procedures, and at least 8–12 credible academic or professional references.

The key assessment point is that students must show they understand the difference between being generally fit, being strong, being capable in CrossFit, and being physically prepared for one particular sport.

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# ALL 3

Understood—you want **all three course assets**:

1. **Instructor welcome letter**
2. **Detailed final-capstone rubric**
3. **Sample 12-week hybrid blueprint**, including distinct strength-only, CrossFit-only, GPP, and SPP components

## Instructor Welcome Letter

**IFBB Academy**
**IFBB-STR-401: Hybrid Strength Systems**
**Instructor: Caglar Juan Singletary**

Welcome to *Hybrid Strength Systems: Bodybuilding, Powerlifting, and Functional Fitness Integration.*

This course is for athletes, coaches, and serious trainees who want to understand how bodybuilding, strength training, CrossFit-style conditioning, General Physical Preparedness (GPP), and Specific Physical Preparedness (SPP) can be used intelligently—not randomly combined.

During the next 15 weeks, you will learn how to build muscle, develop maximal strength, improve work capacity, and prepare athletes for specific performance demands while managing fatigue and reducing injury risk. You will study programming principles, biomechanics, energy systems, exercise selection, nutrition, recovery, and periodization.

By the end of the course, you will be able to:

- Design a strength-training-only program for hypertrophy and maximal strength.
- Design a CrossFit-only program with appropriate strength, skill, conditioning, and recovery balance.
- Build a GPP program that develops broad athletic qualities and physical durability.
- Build an SPP program tailored to one sport, competition, or performance event.

- Explain how exercise order, volume, intensity, frequency, and conditioning affect adaptation.
- Create safe, progressive, athlete-centered training plans.

This class emphasizes the link between science and coaching practice. You will not simply memorize terms such as mechanical tension, lactate threshold, motor-unit recruitment, or concurrent-training interference. You will apply them when choosing exercises, adjusting training loads, coaching technique, and planning recovery.

Your final project will be a complete four-part programming portfolio: strength training alone, CrossFit alone, GPP, and SPP. Each section must show a clear purpose, sound periodization, practical coaching decisions, and measurable outcomes.

Train hard, think critically, and respect recovery. The goal is not to make every session exhausting; it is to make every session serve a purpose.

— **Caglar Juan Singletary**
IFBB Academy, Advanced Strength & Hybrid Conditioning Curriculum

## Capstone Rubric

## Final Project Title

### Four-Track Strength and Conditioning Portfolio

Students will create four separate training plans. The plans may use one athlete profile with different goals, or four distinct athlete profiles.

| Capstone component | Required focus | Points |
|---|---|---|
| Athlete profile and needs analysis | Goals, training age, movement ability, schedule, injuries, equipment, and performance needs | 10 |
| Strength-training-alone program | Hypertrophy and/or maximal strength, progressive overload, fatigue management | 20 |
| CrossFit-alone program | Functional movements, lifting, gymnastics, monostructural conditioning, workout scaling | 20 |

| | | |
|---|---|---|
| GPP program | Broad fitness base, movement quality, durability, work capacity, aerobic development | 15 |
| SPP program | Preparation for a chosen sport, competition, occupation, or event | 20 |
| Periodization and progression | Logical blocks, overload, deloads, tapering where appropriate, testing | 10 |
| Coaching communication and evidence | Clear presentation, exercise cues, safety, rationale, credible sources | 5 |
| **Total** | | **100** |

## Performance Standards

| Score range | Standard |
|---|---|
| 90–100 | Exceptional: individualized, coherent, evidence-informed programming with excellent practical application |
| 80–89 | Proficient: strong programming rationale with only minor gaps in detail or progression |
| 70–79 | Satisfactory: meets core requirements but has limited specificity, testing, or fatigue-management detail |
| 60–69 | Developing: incomplete rationale, weak progression, or major inconsistencies between goals and training plan |
| Below 60 | Unsatisfactory: missing required programs, unsafe prescriptions, or insufficient coaching rationale |

## Required Deliverables

- Four program documents: strength-only, CrossFit-only, GPP, and SPP.
- A weekly calendar for every program.

- At least one fully detailed microcycle for every program.
- Sets, repetitions, rest intervals, loads, percentages, RPE, or other intensity prescriptions.
- Progression model and deload strategy.
- Baseline and post-program testing.
- Exercise substitutions, regressions, and progressions.
- Recovery and nutrition recommendations.
- Eight to twelve credible sources, including textbooks, peer-reviewed articles, and reputable professional guidelines.

## Sample 12-Week Blueprint

**Sample athlete:** Intermediate trainee, age 28, three years of resistance training experience, no current injury, access to barbell, dumbbells, pull-up bar, rower, and open training space.

**Primary goal:** Build strength and muscle while maintaining conditioning and preparing for a recreational CrossFit-style competition.

## Block Structure

| Weeks | Main purpose | Strength emphasis | Conditioning emphasis |
|---|---|---|---|
| 1–3 | Base building | Hypertrophy, technique, moderate loads | Aerobic base and moderate work capacity |
| 4 | Deload and assessment | Reduced volume, technique review | Low-intensity aerobic work |
| 5–7 | Strength development | Higher intensity, lower repetitions | Intervals and mixed-modal conditioning |
| 8 | Deload and testing | Reduced volume, estimated strength testing | Controlled benchmark conditioning |
| 9–11 | Specific performance | Strength maintenance, explosive lifting | CrossFit-style competition preparation |

| | | | |
|---|---|---|---|
| 12 | Taper and final assessment | Low volume, maintain intensity | Short, controlled event-specific work |

## Strength Training Alone

**Purpose:** Increase maximal strength and hypertrophy while limiting conditioning interference.

## Sample Week: Weeks 5–7

| Day | Training |
|---|---|
| Monday | Back squat 5 x 5; Romanian deadlift 4 x 8; split squat 3 x 10; weighted plank 3 x 45 seconds |
| Tuesday | Bench press 5 x 5; barbell row 4 x 8; incline dumbbell press 3 x 10; pull-ups 3 x near-technical-failure |
| Wednesday | Rest, walking, mobility, optional easy cycling for 20–30 minutes |
| Thursday | Deadlift 4 x 4; front squat 3 x 6; hamstring curl 3 x 12; hanging knee raise 3 x 12 |
| Friday | Overhead press 5 x 5; lat pulldown 4 x 10; lateral raise 3 x 15; curls and triceps work 3 x 12 |
| Saturday | Optional easy aerobic recovery for 30–45 minutes |
| Sunday | Rest |

## Strength Progression

- Weeks 1–3: 3–4 sets of 8–12 repetitions, RPE 6–8.
- Week 4: Reduce volume by approximately 40–50 percent.
- Weeks 5–7: 4–5 sets of 3–6 repetitions, RPE 7–9.
- Week 8: Deload and test estimated 1RM or 3RM.
- Weeks 9–11: Maintain major lifts with 2–4 sets of 2–5 repetitions.
- Week 12: Low-volume exposure to heavy but non-maximal loads.

## CrossFit Alone

**Purpose:** Improve broad fitness through mixed-modal work involving weightlifting, gymnastics, and conditioning.

## Sample Week: Weeks 5–7

| Day | Training |
|---|---|
| Monday | Back squat 5 x 3; 10-minute AMRAP: 8 wall balls, 8 burpees, 10 calories rowing |
| Tuesday | Pull-up skill practice; 5 rounds: 400-meter run, 12 kettlebell swings, 10 push-ups |
| Wednesday | Clean and jerk technique; 12-minute EMOM: minute 1, 3 power cleans; minute 2, 8 toes-to-bar; minute 3, rest |
| Thursday | Zone 2 row, bike, or run for 35–45 minutes; mobility work |
| Friday | Deadlift 5 x 3; 3 rounds for time: 12 deadlifts, 15 box jumps, 18 calorie row |
| Saturday | Longer mixed workout: 30-minute alternating intervals of running, carries, bodyweight work, and light barbell cycling |
| Sunday | Rest |

## CrossFit Scaling Rules

- Reduce load before sacrificing movement standards.
- Scale gymnastics volume to maintain controlled repetitions.
- Choose workout weights that allow consistent movement and short breaks.
- Preserve the intended energy-system stimulus rather than chasing a prescribed load.
- Insert an additional recovery day if sleep, soreness, performance, or motivation deteriorates.

## GPP Program

**Purpose:** Build the broad physical base needed before greater specialization. It emphasizes durability, basic strength, aerobic fitness, coordination, mobility, and general work capacity.

## Sample Week: Weeks 1–3

| Day | Training |
|---|---|
| Monday | Goblet squat 4 x 10; dumbbell bench press 4 x 10; rows 4 x 12; farmer carries 4 x 40 meters |
| Tuesday | Zone 2 aerobic conditioning for 30–45 minutes; hip, ankle, and thoracic mobility |
| Wednesday | Sled pushes 6 x 20 meters; kettlebell swings 4 x 15; push-ups 4 x 10–20; walking lunges 3 x 12 per leg |
| Thursday | Rest or 30-minute walk and mobility |
| Friday | Trap-bar deadlift 4 x 6; overhead press 4 x 8; pull-ups or pulldowns 4 x 8–12; Pallof press 3 x 12 |
| Saturday | Easy hike, row, bike ride, or circuit at conversational intensity for 45–60 minutes |
| Sunday | Rest |

## GPP Testing

- Resting heart rate and recovery heart rate.
- Push-ups completed with consistent technique.
- Carry distance or duration with a prescribed load.
- 1,000-meter row, timed walk/run, or easy aerobic benchmark.
- Basic movement screen: squat, hinge, lunge, push, pull, brace, and carry.

## SPP Program

**Sport selected:** Recreational CrossFit competition.

**Purpose:** Convert general fitness into competition-specific performance. The athlete must handle barbell cycling, gymnastics, running or rowing, pacing, transitions, grip fatigue, and repeated high-intensity efforts.

## Sample Week: Weeks 9–11

| Day | Training |
|---|---|
| Monday | Clean and jerk: 6 x 2; 4 rounds: 8 clean and jerks, 12 chest-to-bar pull-ups, 16/12-calorie row |
| Tuesday | Zone 2 conditioning for 35 minutes; shoulder and hip mobility; easy trunk work |
| Wednesday | Skill practice: toes-to-bar and handstand push-up progression; 15-minute AMRAP: 10 box jumps, 12 kettlebell swings, 14 sit-ups |
| Thursday | Rest or light recovery work |
| Friday | Deadlift 4 x 3; competition interval: three 8-minute rounds, each consisting of rowing, wall balls, burpees, and moderate barbell work |
| Saturday | Event simulation: two or three workouts separated by 60–90 minutes, practicing nutrition, warm-up, pacing, transitions, and recovery |
| Sunday | Rest |

## SPP Testing

- Benchmark workout completed at the start and end of the phase.
- Barbell cycling capacity at a specified percentage of clean-and-jerk or snatch maximum.
- Gymnastics skill standard, such as unbroken or controlled sets of pull-ups, toes-to-bar, or handstand push-ups.
- Repeat-sprint or interval performance.
- Athlete pacing notes, transition times, and recovery between events.

## Week 12 Taper

Reduce total training volume by approximately 40–60 percent while retaining a few brief, controlled exposures to competition movements and moderately heavy lifting.

- Monday: Short heavy-lift session, low total repetitions.
- Tuesday: Easy Zone 2 conditioning and mobility.
- Wednesday: Brief technique work plus a short, moderate workout.
- Thursday: Rest.
- Friday: Light movement, activation, and mobility.
- Saturday: Competition, assessment, or final benchmark.
- Sunday: Recovery and program review.

The four plans must remain distinct: **strength-only** prioritizes lifting adaptation; **CrossFit-only** prioritizes broad mixed-modal fitness; **GPP** establishes a durable all-around foundation; and **SPP** narrows training toward the exact performance demands of a chosen sport or event.

# What about Strngth& Conditioning ALONE?

Yes—add **Strength & Conditioning Alone** as its own fifth capstone track. It differs from strength-only because it deliberately develops both resistance-training qualities and planned energy-system conditioning, without using a CrossFit format or requiring gymnastics and constantly varied WODs. Strength and conditioning programs should be individualized and use progressive overload, while conditioning can target short anaerobic, glycolytic, and longer oxidative efforts.[12]

## Fifth Capstone Track

| Track | Main objective |
|---|---|
| Strength training alone | Maximal strength and hypertrophy |
| CrossFit alone | Broad mixed-modal fitness with weightlifting, gymnastics, and conditioning |
| GPP | Broad foundational fitness and durability |
| SPP | Preparation for one sport or event |

| | |
|---|---|
| **Strength & conditioning alone** | Strength, power, speed, and planned conditioning for general athletic performance |

## Strength & Conditioning Alone

**Purpose:** Build a stronger, more powerful, better-conditioned athlete through organized lifting, sprinting or intervals, aerobic work, mobility, and recovery.

This is **not CrossFit**. Sessions are structured around a specific physical quality—for example, heavy lower-body strength, upper-body power, sprint capacity, or aerobic conditioning—rather than a daily mixed-modal competition workout.

## Required Elements

- Primary strength lifts: squat, hinge, press, pull, carry
- Power work: jumps, medicine-ball throws, Olympic-lift derivatives, or kettlebell swings
- Conditioning: sprint intervals, sled work, rowing, cycling, running, or tempo conditioning
- Aerobic base: low-to-moderate intensity conditioning
- Mobility, trunk strength, and injury-prevention work
- Planned recovery, deloads, testing, and load progression

## Sample 12-Week Format

| Weeks | Focus | Strength work | Conditioning work |
|---|---|---|---|
| 1–3 | Foundation | Moderate-load technique and hypertrophy | Zone 2 aerobic base, sleds, tempo intervals |
| 4 | Deload | Reduced lifting volume | Easy aerobic work and mobility |
| 5–7 | Max-strength development | Heavier compound lifts, lower reps | Short intervals, hill sprints, repeated efforts |

| | | | |
|---|---|---|---|
| 8 | Deload and testing | Reduced volume; 3RM or estimated 1RM testing | Controlled conditioning benchmark |
| 9–11 | Power and performance | Strength maintenance plus jumps, throws, explosive lifts | Sport-neutral repeated-sprint and mixed conditioning |
| 12 | Taper and assessment | Low volume, retain intensity | Short benchmark test and recovery |

## Sample Weekly Microcycle

| Day | Focus | Sample session |
|---|---|---|
| Monday | Lower-body strength | Back squat 5 x 5; Romanian deadlift 4 x 8; split squat 3 x 10; trunk work |
| Tuesday | Aerobic conditioning | 35–45 minutes easy row, bike, incline walk, or run; mobility |
| Wednesday | Upper-body strength and power | Bench press 5 x 5; pull-ups 4 x 6–10; medicine-ball throws 5 x 5; rows and shoulder work |
| Thursday | Speed and conditioning | Sled pushes 8 x 20 meters or 8 x 15-second bike/row intervals; mobility |
| Friday | Total-body strength | Deadlift 4 x 4; overhead press 4 x 6; loaded carries 4 x 40 meters; hamstring and core work |
| Saturday | Work capacity | 6–10 rounds: 200-meter run, kettlebell carry, sled drag, recovery walk |
| Sunday | Rest | Walking, light mobility, sleep and nutrition focus |

## Testing Requirements

Use tests that reflect both strength and conditioning:

- Estimated 1RM or 3RM squat, bench press, deadlift, or trap-bar deadlift
- Vertical jump or broad jump
- 10–30 meter sprint, if appropriate and safe
- Timed sled push, loaded carry, row, bike, run, or repeated-interval test
- Resting heart rate and recovery-heart-rate trend
- Movement-quality assessment: squat, hinge, lunge, push, pull, brace, and carry

### Updated Final Portfolio

Your final project now contains **five programs**:

1. **Strength Training Alone**
2. **Strength & Conditioning Alone**
3. **CrossFit Alone**
4. **GPP — General Physical Preparedness**
5. **SPP — Specific Physical Preparedness**

For grading, assign **15 points** to Strength & Conditioning Alone and adjust the full capstone to 100 points: Athlete Profile 10, Strength Alone 15, Strength & Conditioning Alone 15, CrossFit Alone 15, GPP 15, SPP 20, Periodization/Recovery 5, and Evidence/Presentation 5.

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# WOMEN& GIRLS OF STRENGTH,FEMALE STRENGTH ATHLETE STICKS OUT HER TONGUE

Here’s a strong, respectful visual concept for the course or promotional material:

### Image Prompt

**“Women and Girls of Strength”** — a powerful, inclusive fitness image featuring a confident female strength athlete in a gym, standing beside a barbell after a successful lift. She is athletic, muscular, and expressive, sticking out her tongue in a playful moment of determination and celebration. Include women and girls of varied ages and backgrounds training safely in the background: lifting dumbbells, practicing squats, carrying kettlebells, and encouraging one another. Bright professional gym lighting, motivational atmosphere, realistic sports photography, non-sexualized, empowering, high energy.

## Poster Caption

**WOMEN & GIRLS OF STRENGTH**

*Strong. Skilled. Focused. Unstoppable.*

A tongue-out expression can read as intense concentration, playful confidence, or post-lift celebration—athletes are often photographed doing it in both focused and celebratory moments.[22][23]

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21. https://www.healthline.com/health/exercise-fitness/strength-training-at-home

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24. https://www.reddit.com/r/BlueLock/comments/133rtqs/whats_with_the_obsession_of_sticking_tongues_out/

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26. https://www.tiktok.com/@monroe.miller/video/7127651328893046062

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